

## Treatment Record

Please keep track of your progress below:

Day	Please ✓ here	Day	Please ✓ here	Day	Please ✓ here
1		8		15	
2		9		16	
3		10		17	
4		11		18	
5		12		19	
6		13		20	
7		14		21	

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## — User Manual — WHITENING HOME KIT

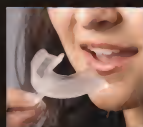
Please read before use

## PLEASE READ CAREFULLY BEFORE YOU BEGIN THE PROCEDURE

### 1 | MOULD

#### Mould the thermoplastic mouth trays

- Bring about 4 inches of water to the boil and allow to cool slightly (2-3 minutes).
- Submerge one of the mouth trays into the hot water for 10-12 seconds until tray appears to soften. If the water is very hot please use tongues to place the tray into the water. Ensure whole tray excluding the handle is submerged into water (IMPORTANT: for best results do not overheat mouth tray).
- Note: both trays are identical and can be used on upper or lower teeth. Start with the upper teeth. Place the mouth tray into your mouth covering up your teeth being careful not to burn yourself.
- Close your mouth and suck all air and excess water from the mouth tray creating suction between mouth tray and teeth.
- Immediately press on the mouth tray from all angles whilst it is still soft to mould around teeth. Apply pressure on your lip to get a good mould on the outside surface of teeth.
- Wait 10-15 seconds before removing mouth tray from the mouth. It should have hardened when removing.
- Place mouth tray into a glass of cold water for 10 seconds to complete curing process.
- Repeat for second mouth tray.
- Your trays should have a close and comfortable fit over your teeth now without large space between teeth and trays. If the trays haven't moulded satisfactorily you can repeat the procedure by softening the trays in heated water again and moulding around your teeth.



### 2 | TRIM

#### Trim the mouth trays to correct height

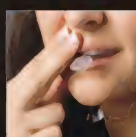
- After moulding both mouth trays, use scissors to cut away any excess from the tops of the trays at the gum-line. If the trays have a good fit this stage is not required.
- Trimming the mouth trays at the gum-line will avoid any possible soft tissue irritation.
- If your trays feel as though they are digging into your gum they need to either be remoulded to fit better or trimmed near the gum-line.



### 3 | WHITEN

#### Fill mouth trays and whiten teeth

- Before whitening ensure your teeth have been thoroughly cleaned. Brush and floss your teeth to ensure there are no food particles or plaque present before every whitening session.
- Place a small drop of gel on each tooth impression on the upper and lower mouth trays. (IMPORTANT: do not overload: place the equivalent of half a rice grain size per tooth).
- Place the gel on the front surface (i.e. the surface that will contact with the front surfaces of your teeth. For molar teeth place on the top surface (i.e. the biting surface of your teeth).
- Each 5ml syringe contains sufficient gel for 7 days of whitening. The amount to be used per day is indicated by 7 equal marks on the syringe. In total there are 3 syringes which is sufficient for a total of up to 21 days of whitening.
- Just before placing the mouth trays into your mouth ensure your teeth are dry to maximise results. Take a deep breath and suck your teeth to help dry them immediately before placing the trays into your mouth.
- Place upper and lower mouth trays into your mouth and seat properly into the teeth impressions.
- Apply gentle pressure on the upper mouth tray by pushing in your upper lip with your fingers in order to ensure a tight fit.
- Repeat with the lower mouth tray.
- Wear mouth trays for approximately 30 minutes in total.
- Remove mouth trays and rinse in lukewarm water (not in hot water otherwise the shape of the trays will distort).
- Store within the mouth tray holding box in a clean dry place.
- Repeat daily for up to 21 days.
- The whitening pen can be used at any time following completion of your teeth whitening. To apply remove lid and brush onto surface of teeth to give them a refreshing glossy appearance whenever required.



#### To achieve best results:

- To maximise results complete the whole whitening course without any days off in between.
- If for any reason you have to miss days in between you can still complete the course by making up for the missed days.
- Sufficient gel is provided to whiten up to 21 days. If your teeth are heavily stained or very dark to begin with it may take longer than 21 days to achieve the desired results. Extra syringes can be ordered from our website.
- Avoid food and drinks containing colouring whilst undergoing whitening to maximise results. The types of food best to avoid or at least keep to a minimum include tea, coffee, red wine and foods that contain high amounts of colourings (i.e. curries).
- Whitening can be carried out at any time during the day. Ensure your teeth have been thoroughly cleaned and you have flossed before starting whitening.
- Avoid eating for at least an hour after completing your daily whitening.
- Ensure teeth are as dry as possible when placing whitening trays into mouth.
- If any excess gel extrudes from the trays onto the gums, wipe away with a cotton bud. There should be minimal gel extruding from the trays (if you find that a lot of gel is extruding from the trays onto the gums then this indicates that you are using too much gel).
- You do not need to use gel on teeth that are not visible in your smile line as these do not affect your smile. These are normally from the sixth tooth back (first molars and beyond).
- During the first few days you will notice that you are producing excess saliva and your mouth may feel as though it is filling up with saliva whilst whitening.
- Try and keep saliva to a minimum whilst whitening by dabbing with a tissue or swallowing excess saliva.
- Initial discomfort and salivation will gradually ease after a few days of use.

#### Cautionary Note:

- This product is not recommended for use by anyone under the age of 18 or individuals with active gum disease, gingivitis, bleeding or severely receded gums, pregnant or nursing mothers.
- Do not use if you are currently undergoing any dental treatment.
- Do not use if you are currently pregnant or breastfeeding.
- Please review the ingredients before use to avoid any allergic reaction.
- Avoid ingestion and contact with eyes and skin. If contact occurs wipe gel away and rinse with water.
- This product will work on natural human teeth only. It will not affect fillings, crowns, bridges and implants.
- If irritation occurs, discontinue use immediately.
- Keep out of reach of children.
- Store in a cool dry place below 25°C away from sunlight.